

Wellnecessity News...

Wellnecessity...Because Wellness is a Necessity

December 2007

Greetings!

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Holiday Blessings

With Christmas just days away and the New Year around the corner I extend my warmest wishes for a blessed holiday filled with family, friends and those you cherish most. I am grateful to have had the opportunity to be a part of your journey to better health and happiness during this past year. The success of our clients and program participants has been remarkable and inspiring and I look forward to all the coming year has in store.

If you have not yet had the opportunity to join us for a program or an individual consultation I hope that you will consider it for 2008. We believe there is something for everyone. Check out our last minute gift ideas at the end of the newsletter for a sampling of offerings. Also, if you know others looking for support in their own quest for better health we hope you will think of us at Wellnecessity.

I wish you a blessed and happy holiday.

Mary Jo

'Tis The Season: Five Ways To Stay Sane

With Christmas just days away many of us are feeling more than a little stressed. After all, there are last minute gifts to get, cookies to bake, cards to send, things to wrap, menus to prepare and money to spend! Where does it end? Unfortunately, after all the gifts are opened and we've tossed the wrapping paper and bows in the trash we

What is Wellnecessity?

We are a professional coaching and consulting company dedicated to empowering individuals to create the lives they truly desire.

We believe that **WELLNESS** is more than just good physical and mental health.

A "well" life is **PURPOSEFUL** and **BALANCED**.

For us, living the life you desire is a **NECESSITY!**

If you are interested in finding out how holistic nutritional counseling and lifestyle coaching can work for you, call or e-mail us. Mention this newsletter and receive a **FREE** coaching session!

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all experience a bit of let down. Some of us will ask ourselves, "Was it all worth it?" And some of us will even say, "I don't think so."

So, during these last few days left I hope you will consider doing something a bit different.

Join our mailing list!

- **Enjoy what you're doing during the moment rather than just checking it off the list.**

Remember why you're doing it and take solace that you are doing it for a reason. Maybe you're baking those special cookies because Aunt Jane waits all year for them and that's your special thing.

- **If you can't find a reason for why you're doing something - Stop!**

Maybe it's one of those things you can let go of.

- **Consider giving your loved ones something from your heart.**

Whether it is your time, a supportive ear, a sincere compliment or a big hug, think about what they may need but would never ask for. Have fun and offer it with your genuine love.

- **Give yourself a gift this holiday - take care of yourself.**

All year long we talk about self-care, and we make our best efforts to take care of ourselves. But for some reason during the holidays we believe that self-care can wait until January. We accept that the holiday season is bad for us. Why not try a different approach. We can still celebrate the holidays and not make ourselves sick, gain ten pounds and go into debt. So - if you're tired, take a nap. Practice saying "no" to things you really don't want to do and don't fall into the trap of spending just to spend.

- **Give a loved one the opportunity to practice self-care.** This is a great gift - offer a way so they too can take better care of themselves in the New Year and support them throughout the whole year.

Food Focus: Rosemary - A Culinary Herb With Health Benefits

Every year during the holidays I search for a small rosemary tree for my kitchen. Did you know that rosemary is an herb often associated with Christmas time? Known as the "Holy Herb," it is thought to be one of the herbs found in the manger with Baby Jesus. It is long known as the herb of remembrance and a symbol of loyalty and friendship. This evergreen shrub is native to the Mediterranean and has fragrant silver-green needle-like leaves. It has numerous culinary uses, can serve as a decoration and is often an ingredient in fragrances and medicines thought to cure many ills. Its pungent flavor is a cross between lemon, pepper and pine.

For cooking purposes the leaves may be used fresh or

dried. It is a popular flavoring herb used in traditional Mediterranean cuisine. It makes an excellent seasoning and marinade for all types of meat. It also lends wonderful flavor to potatoes, bread, rolls, cheese and butter. For the best flavor of rosemary, crush or mince a small amount of the fresh leaves in your hands prior to use in cooking.

While a staple in cooking, its health benefits make it even more attractive. It contains the antioxidant carnosol that has shown to aid in numerous health conditions. Throughout history there are stories from around the world of rosemary curing the most serious of ills. In addition to using it fresh or dried there are rosemary extracts and essential oils that can be used. Its benefits include:

- stimulates and enhances memory functions thereby reducing the effects of Alzheimer's disease
- calms nerves
- combats hair loss, as it stimulates growth of hair follicles and promotes blood circulation of the scalp
- protects the capillaries which aids in lessening hardening of the arteries, cataracts and heart disease
- decreases digestive problems
- reduces headaches, depression and fatigue
- eases muscular pain, neuralgia, rheumatism, gout, and sciatica
- aids in illnesses related to the gall bladder and liver
- heals mouth ulcers and canker sores
- aids in treatment of colds and flu

With so many uses you can see why this plant has become more than just a holiday tradition in my family. I love to give it as a gift and share it with those I care about so they can reap the benefits all year long too.

Health Corner - Understanding Food Allergies And Intolerances (Part One)

If you are raising children you are well aware of the ever increasing amount of children who are being diagnosed with food allergies. In the past, this was less common. We would occasionally find infants and toddlers who would experience severe reactions to certain foods. However, many would eventually outgrow these responses. However, today it is common place to have children in our schools that

For many people there is another level of allergies called food intolerances. Food intolerances are not an immune system response but are when the body is unable to digest and absorb certain foods. Two of the most common are lactose intolerance and celiac disease. Unfortunately, reactions caused by food intolerances are not as obvious as the allergic reactions we talked about above. However,

they can

If you are experiencing an undiagnosed health condition it could be related to either a food allergy or intolerance. Unfortunately the only way to determine this conclusively is to eliminate the food from your diet. As you can imagine, this is not an easy task. However, once discovered, the symptoms often end. Then with proper nutrition many of the effects can be reversed.

Next month we will discuss things to look for in your diet that may be contributing to chronic health conditions. If you feel like you need some support to eliminate certain foods then our 7 Day Elimination Diet in our Jump Start Program may be the answer. See our 2008 program listings for dates.

Upcoming Events: 2008 Calendar - Book Your Spots

Classes are currently being scheduled for 2008. Join us for a workshop and make 2008 the year you finally achieve the health you desire.

Complimentary sessions are available in January to discuss how our programs may work for you. Call for a January appointment now.

Forward To A Friend

It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

email: mjskurtz@wellnecessity.com

phone: 732-449-3887

web: <http://www.wellnecessity.com>

Last Minute Holiday Gift Ideas

This holiday season give the gift of Total Health. Do you have a friend or family member who is committed to a healthier 2008? Gift certificates are available. Services available include:

***Personal Health Consultation and follow up visit.
2 - 1 hour sessions - \$279.
with hair mineral analysis - \$349.***

**Cooking class with Holistic Health Coach
Classes offered monthly; choose single session - \$35.
Package of 2 - \$60.
Package of 6 - \$160.
A Full Year of Healthy Cooking - \$250.**

Meet Me at the Market - \$149.

Experience a 2 hour shopping trip with your very own Holistic Health Coach; finally take the mystery out of healthy shopping.

In Home Pantry Tour & Makeover - \$149.

Don't know where to begin at home; Have your own Holistic Health Coach start you on the road to healthy living.

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Wellnecessity | 503 Brooklyn Blvd. | Sea Girt | NJ | 08750